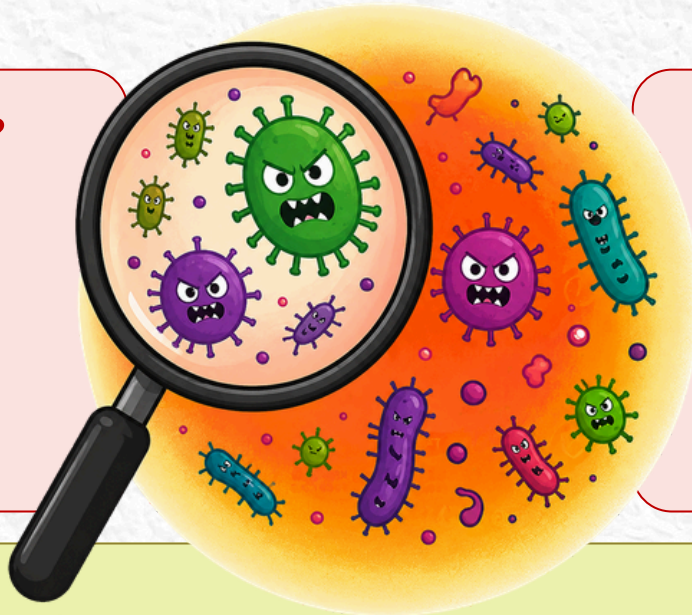


THE DANGER ZONE



What is the Danger Zone?

The temperature range between **5°C** and **63°C** where harmful bacteria grow fastest.



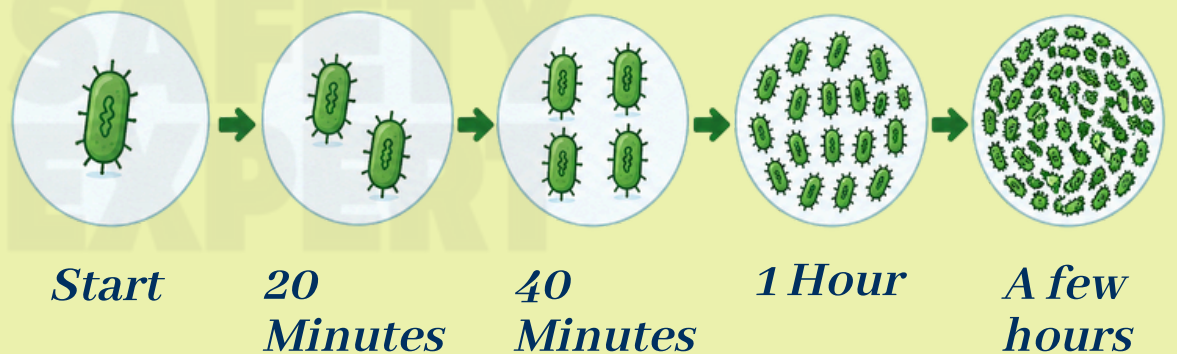
Why this matters

Because this is where food becomes unsafe, fast. More time in this zone = higher risk of food poisoning.

How fast can bacteria multiply?

One bacterium can become thousands, if not, millions in just a few hours!

In ideal conditions, bacteria in food can double every 10–20 minutes.



How to avoid the Danger Zone:

- 1 Keep cold food cold: Store chilled food at 5°C or below. Don't overload fridges, and keep doors closed as much as possible.
- 2 Keep hot food hot: Hold hot food at 63°C or above if it's on display or waiting to be served.
- 3 Minimise time at room temperature: Prep quickly and return food to the fridge. Don't leave ingredients sitting out "while you get round to it".
- 4 Cool food properly: Cool cooked food as fast as possible, ideally within 90 minutes. Use shallow containers, smaller portions, or ice baths.
- 5 Reheat thoroughly: Reheat food to at least 75°C and only do it once.
- 6 Defrost safely: Defrost in the fridge, not on the counter. This stops the outer layer entering the danger zone while the centre is still frozen.